

CHELAN DOUGLAS HEALTH DISTRICT

Public Health Notice



DO NOT SEND ILL CHILDREN TO SCHOOL

CDC recommends an exclusion period that includes the time you are symptomatic with a fever > 100 degrees until 24 hours after fever symptoms cease, without the use of medications.



Sick individuals should **stay at home until the end of the exclusion period**, to the extent possible, except when necessary to seek required medical care. **Do not return to school or work early!**

If you seek medical care **PLEASE** call before you visit the doctor, as most healthy people do not need treatment for HINI (swine flu) influenza. Testing for HINI is not recommended unless you are pregnant or hospitalized.

Sick individuals should avoid contact with others. Keeping people with a fever at home may reduce the number of people who get infected, since elevated temperature is associated with increased shedding of influenza virus.

*“Always
Working for
a Safer and
Healthier
Community”*



Did You Know?

When people who have had influenza-like illness return to work, school, or other community settings they should continue practicing good respiratory etiquette, frequently wash their hands and avoid close contact with people they know to be at increased risk of influenza-related complications. Some people shed influenza virus before they feel ill, and some people with influenza will not have a fever.

It is important that all people cover their cough and wash hands often. With these easy steps we may be able to keep most schools open through the 2009–2010 HINI (swine flu) season.